Canada Innovates

FROM BELL TO BB10

AFTER LAGGING BEHIND FOR DECADES, CANADA IS EMBRACING THE SPIRIT OF INNOVATION ONCE AGAIN PAGES 4 & 5

REGINA metro®

Wednesday, February 20, 2013

News worth sharing.

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DOGGONE GREAT

Saskatoon rockers The Sheepdogs are nominated for three Junos this year including rock album of the year. For the full story on the Juno nominations, check out today's Scene section, page 10. MATT BARNES/CONTRIBUTED

Budget passes, mill rates to rise 4.45%

Project funding set.
Property tax increase necessary to address concerns of a growing community with aging infrastructure: City

JEFF MACKEY
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The City of Regina has passed its 2013 budget and with it funding for some of the city's major projects, like the new football stadium and the wastewater treatment plant, is now solidified.

The budget includes a 4.45 per cent increase in the mill rate for city residents.

This property tax increase is needed, according to the city, to address the concerns of a growing city with aging infrastructure. Projects like the wastewater treatment plant and the new stadium are also placing a strain on the city's books.

"We have a growing community, one of the fastest-growing economies in Canada and one of the fastest-growing populations in Canada," said Mayor Michael Fougere.

"It is a large increase, the highest in 10 years, but it is not the highest in Western Canada."

The city's general operating expenditures are $339.95 million, an 8.6 per cent increase from 2012.

Follow Jeff Mackey on Twitter @MetroJeffMackey

Also on the table

Other topics on the docket Tuesday were the Regina police budget, the Regina library budget and an update to the city's pool and tennis-court planning.

They're Breast Friends Forever

Ten women, one idea — for a cookbook to raise money for cancer research PAGE 3

Golden-i can see clearly now

Robocop? No, but this futuristic headset does see through walls PAGE 9

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Sask. charity cookbook competing on world stage

Goal in mind. The cookbook started in 2004 with 10 women who wanted to raise $3,000 for cancer research

Riders jerseys in hand, these breast friends are off to Paris.

Four of the founders of Brest Friends Cookbooks left the Regina airport on Tuesday to fly to Paris for the Gourmand World Cookbook Awards.

Their fifth cookbook — Breast Wishes, For the Men in Our Lives — has been shortlisted for the Best in World category, joining Michelle Obama's American Grown and Microsoft's The Microsoft Cookbook as nominees.

"The more books that we sell, the more the cause benefits … and we are just going to have a fabulous time (in Paris)," said Jacquie Klebeck.

Four more founders are joining the group in Toronto before heading off for six days in Paris, including the three-day book event at the Louvre.

Breast Friends Cookbooks started in 2004 with 10 women in Foam Lake wanting to raise $3,000 for cancer research with a charity cookbook. It has since grown to six best-selling books, an appearance on Dragon's Den, and most recently, Breast Wishes, For the Men in Our Lives was named the Best Charity Cookbook in Canada.

"We've come a long way from sitting around a table sharing recipes to going to Paris," said Klebeck.

All the proceeds for nominated book go toward prostate cancer research and the group have raised $1.4 million for cancer-related charities over the past eight years.

Before setting off, the ladies were given Roughriders jerseys from CEO Jim Hopson to represent the province. Klebeck says they plan to wear them during a visit to the Eiffel Tower.

ALYSSA MCDONALD/METRO

From left, Val Helgason and Cecile Halyk stand by as Jacquie Klebeck talks to the media on Tuesday at the Regina airport. The group is part of Breast Friends Cookbooks, which is nominated in the Gourmand World Cookbook Awards taking place from Feb. 22 to Feb. 24 in Paris. ALYSSA MCDONALD/METRO

12-year-old gets to be mayor for the day

Mayor Michael Fourgere, left, lets Amaima Noor try on the chain of office as part of her time as Mayor for a Day. ALYSSA MCDONALD/METRO

Amaima Noor wasn't just a Grade 7 student on Tuesday, she was the honorary mayor of Regina, at least for the day.

Noor was chosen as the February winner of the Mayor for a Day contest, which offers middle school students a chance to experience civic politics.

"It's engagement with kids and politics and to see how government is, what it means to be in government and to give them an opportunity to see what its like in the mayor's office," said full-time Mayor Michael Fougere.

Students are asked to write an essay about what they would do in the Regina mayor chair. Noor, who came to Canada last year from Pakistan, says she wrote about issues she talks about with her family, including how she misses the amount of amusement parks they had close to them in Pakistan.

"We should get more amusement parks around here because my brother really misses it. I also wrote about the traffic jams and everything," said Noor, 12.

Mayor Fougere says suggestions for parks, especially for a zoo, is quite common for the students and Noor was chosen for her engagement in city issues.

"She is new to Canada and already she is interested in what is happening around her in the community and a mature way to look at things," said Fougere.

Noor got to shadow the mayor in the morning, attending meetings and a radio interview, before going for lunch and heading back to school.

According to the city, Regina was one of the first Canadian cities to have an ongoing Mayor for the Day program going back to 2006.

ALYSSA MCDONALD/METRO

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Canada Innovates

Part 1

When it comes to innovation, newspapers don't just write about it; they are pioneers of it. News organizations were among the first to embrace social media as the face of news changed, and new apps for smartphones are proving the dynamic nature of 21st-century newspapers.

In terms of traditional print, Metro has broken free of the mould used by many other newspapers. Our story selection and presentation are unique in the Canadian media landscape.

Today we've profiled the state of Canadian innovation and where the seeds of ideas are being sown. Governments are stepping up with increased innovation investment, and the private sector is poised to jump on the opportunities. Canada is ripe for the next wave of social, cultural and technological innovation.

On Day 2, we look back at Canada's innovative past and show you today's Canadians who are making a difference. On Day 3, we look at some of Canada's failures — and a surprise guest tells us what we need to do to charge to the forefront of innovation.

Metro's contribution to this innovation comes in the way we'll tell the stories — we're putting design and information on a collision course. Whether these ideas embody the innovative spirit is something we'll leave up to you. Check them out, then email us at readers@metronews.ca or tweet @MetroNewsCanada.

CANADA: OUR HOME

Answering the call.

Government, investors & academics are serious about leading us out of innovation's backwoods

STEPHEN BALDWIN
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In the mid-1800s, a Canadian scientist sought to honour his deaf mother and wife through understanding the science of hearing.

By 1874 he was splitting time between his Brantford, Ont., home and a Boston laboratory, gaining a reputation as one of the most intelligent and inventive scientists in the Western hemisphere. It was in Boston, though, where he would develop the vital relationships — and funding — required to produce the technology that would change the way billions of people communicated.

Most of us wouldn't have known the name Alexander Graham Bell had it not been for American businessmen Gardiner Hubbard and Tom Sanders.

Aside from being Bell's father-in-law, Hubbard, along with Sanders, provided the resources required for experimental prototypes.

Nearly 150 years later, inspired Canadian scientists, engineers and entrepreneurs continue to head south to have their dreams realized.

A 2010 report by the Conference Board of Canada gave our country a D grade for its innovation efforts and a ranking of 14 out of 17 developed countries (below Austria and Denmark). They defined innovation as "the ability to turn knowledge into new and improved goods and services."

The report found Canada lagging in several key innovation indicators, including patents produced per capita, export market share of electronics and pharmaceuticals as well as technology manufacturing.

Later that year, the government assembled an expert panel from the academic and corporate worlds to solve the innovation gap. The result was a report entitled Innovation Canada: A Call to Action, a review of innovation over the past 30 years that provided a framework for repositioning Canada's economy.

"The budget last year, which was only maybe six months after the report, enacted a whole host of initiatives that were recommended in the report," says Tom Jenkins, the panel's chair.

Among Jenkins's several distinguished titles is executive chairman and chief strategy officer of Waterloo, Ont.-based software company OpenText.

According to him, two significant barriers to innovation are the bureaucratic red tape keeping entrepreneurs from tax credits, and turning the government, one of the market's largest buyers, into a customer.

Progress has been made on the former through simplification of the Scientific Research and Experimental Development tax-incentive program (known as SHRED).

The latter has been considered through the Canadian Innovation Commercialization Program (CICP), which awards government contracts to the most innovative firms. For Jenkins, these are steps in the right direction, but more needs to be done by the public sector to drive competition.

"In our research, we found that customers, demanding customers, in a competitive environment are the No. 1 driver of innovation," he said. "The private sector has this built-in conveyor belt that forces it to innovate, and if it's not innovating fast enough or big enough, then that's where government, which has a different agenda, needs to sort of weigh in and encourage."

Jenkins notes four key components of an innovation ecosystem:

Talent

Canada's schools continue to perform well on a global stage, but now it's a matter of cultivating this wealth of intelligence and creativity.

Toronto has seen the formation of university-based innovation centres, like Ryerson's Digital Media Zone (DMZ), alongside innovation-focused post-grad programs.

The same can be said for the University of Calgary's Haskayne School of Business and the University of British Columbia's Sauder School of Business.

Capital

Today's entrepreneurs look to government grants and loans in the public sector and large, daring investment companies

Quoted

"I think overall we are still lagging in innovation. As a score, we're certainly not at the top. The Conference Board, the Institute for Competitiveness and Prosperity — they all show that we can do better, and historically we have done better."

Tom Jenkins is the executive chairman and chief strategy officer of Waterloo-based software company OpenText, serves on boards for a variety of software companies, is a member of several national academic councils and is the chair of the Canadian Digital Media Council.

Ironically, Alexander Graham Bell, arguably this country's greatest innovator, had on to create the BlackBerry found that things have gotten a little better for bright

Suzie's path of innovation

Suzie could be your average Canadian. She is intelligent, creative and motivated. She doesn't mind her job but is constantly day-dreaming about building something she can call her own. Suzie has ideas but she's the only one who knows them. She has plans but doesn't know how to carry them out.

The entrepreneurial road can be daunting, but if Suzie can follow five steps, she could end up with exactly what she's been dreaming of.

STEPHEN BALDWIN/METRO

Conception

A great idea can come in an "'a-ha!" moment or through weeks of brainstorming. Ideas come in all shapes and sizes and can be original or improvements to current concepts or products. Who hasn't thought, "That would be so much better if..."? Thoughts will be swirling and questions will arise: what purpose it will serve? How will we execute it? Is there a market? Just don't spend too much time coming up with the company name.

Collaboration

Ideas begin to take shape when people with a common interest or goal work together. Everyone's got a unique perspective, and incorporating everyone's input on a product or service can be painstaking — but necessary — as the idea percolates. Breakthroughs are the result of hours of tedious work. Having someone to help carry the burden and responsibility can allow you to get where you need to be faster and more effectively. For those who can't find their entrepreneurial soul mate, meet-ups and forums can help.

AND INNOVATIVE LAND

to leave Canada to pursue the inventions he envisioned. His successors who went people with bright ideas. PHOTO ILLUSTRATION BY DAVID VAN DYKE

(angel investors and venture-capital funds) in the private sector. Examples of the latter include VA Angels (Alberta), Version One Ventures (B.C.), First Angel Network (Nova Scotia), Extreme Venture Partners (Toronto), Sask Works Venture Fund and the Manitoba Knights.

Infrastructure

Innovation hubs called incubators and accelerators continue to pop up throughout the country, often in collaboration with universities. They have helped companies in Waterloo, like OpenText and BlackBerry, thrive.

"It's where you get to perform the contact sport," Jenkins says. "In those centres, there are accountants, bankers, people who can access mentors. That's absolutely essential."

Customers

A concentrated customer base is essential to the growth of a company, but the Internet has made it so that this is no longer a geographical requirement. A Canadian startup can come up with a product that caters specifically to Icelanders.

In January, Stephen Harper announced a $400-million investment in venture capital.

It's a big step for a government that has been criticized both at home and abroad for living in the past, and with the infrastructure in place, it's now on the private sector, and the next generation of entrepreneurs, to take advantage.

Regardless of the outcome, Canadians can find comfort in the axiom that tolerance breeds innovation. But in this game, according to Jenkins, getting too comfortable can mean falling behind.

"It's the nature of innovation that you cannot rest on your laurels. Because innovation, by its nature, is constantly changing and constantly challenging countries or companies to keep up. This is not a snapshot, it's a treadmill."

Startups

Canadian innovation: A cautionary tale

TAKARA SMALL
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Small businesses aren't small potatoes in Canada. They account for 98 per cent of ongoing businesses in the country. But are today's youth thinking like entrepreneurs? PHOTOS.COM

Canada's track record for supporting innovation is good — but it could be better, experts say.

More available capital, resource support and a dash of bravado might be what it takes to push our creative envelope to the max.

Small-business consultant Mark Evans believes the investment community looks at the big-ticket items at the expense of overlooking niche innovation.

"There are not enough sources of seed capital, and a lot has to do with the investment mentality that prevails with big investors who are more conservative. We're happy giving money to companies that want to dig holes in the ground (minerals, etc.), but it's a different game when it comes to other investments," said Evans, a former business journalist turned consultant, with past credits in the Financial Post and the Globe & Mail.

Small businesses in Canada is a big deal. They account for 98 per cent of our ongoing businesses — and many of them started up to fill a niche or provide a service with an innovative idea or approach. They are the drivers of innovation.

"It's important that people (especially the youth of tomorrow) begin thinking like entrepreneurs," says Lesley Wilmot, director of marketing and communication at the Canadian Youth Business Association.

"We need them for our economy to continue to grow."

Wilmot's organization was established by the government in 1996 and provides youth between 18 and 39 with much-needed startup capital and access to mentors, who offer business advice, guidance and collaboration.

The government and private sector are stepping up with more credit and support for innovative small businesses across the country.

The final step, according to Evans, is believing we're innovators. Canada has long been an innovative nation, but we tend to shy from the limelight.

"Canadians are too modest and humble for their own good compared to the U.S., who are always ready to declare themselves as the best or No. 1," said Evans.

More online

To read the full feature on Canadian innovation, including our quiz on what Canada has given the world, visit metronews.ca/innovation

Funding and incubation

Venture capitalism and angel investors are emerging as popular avenues for funding. These investors are willing to bet big on great ideas, often for a piece of the company or its profits. Small businesses can also look to available grants and loans offered by each level of government. Incubators and accelerators provide new businesses with the resources and mentoring needed to grow. Both often provide funding, but their real value is in helping you develop your idea in a collaborative setting.

Experimentation

This varies depending on the idea or application. Web startups will launch a beta version of their site, while others require a more tactile approach (e.g., testing/demonstration in the targeted industry, trade shows/showcases, etc.). This stage allows kinks to be smoothed and, in some cases, forces you to start from scratch.

Marketing

This step is often overlooked but it's as important as the others. You've put together something fresh and innovative, but no one knows about it, so no one cares. Researching and seeking out those people who can influence the success of your innovation is critical. The way you present your business will say a lot about what you do and how you do it. Done right, you can allow the innovation to speak for itself.

Pistorius says he mistook his girlfriend for intruder

Premeditated murder charge. Prosecutors say the evidence proves the killing was no accident

The chief magistrate ruled that Pistorius must face the harshest bail requirements. MASI LOSI, PRETORIA NEWS/THE ASSOCIATED PRESS

Oscar Pistorius wept Tuesday as his defence lawyer read the athlete's account of how he shot his girlfriend to death on Valentine's Day, claiming he had mistaken her for an intruder.

Prosecutors, however, told a packed courtroom that the double-amputee mercilessly killed 29-year-old Reeva Steenkamp as she cowered inside a locked bathroom.

Pistorius told the Pretoria Magistrate's Court at a bail hearing he felt vulnerable in the presence of an intruder inside the bathroom because he did not have his prosthetic legs on, and fired into the door.

In a major point of contention, prosecutor Gerrie Nel said Pistorius took the time to put on his prostheses, walked seven metres from the bed to the enclosed toilet inside his bathroom and only then opened fire. Three of the four bullets fired into the door hit Steenkamp, Nel said.

Pistorius said in his sworn statement that after opening fire, he realized Steenkamp was not in his bed.

"It filled me with horror and fear," Pistorius said.

The 26-year-old Olympian said he put on his prosthetic legs and tried to kick down the door before finally bashing it in with a cricket bat. Inside, he said he found Steenkamp. He said he lifted her bloodied body and tried to carry her downstairs to seek help.

Nel said the athlete opened fire after the couple engaged in a shouting match and she fled to the bathroom.

"She couldn't go anywhere," Nel said. "It must have been horrific." THE ASSOCIATED PRESS

The victim

Reeva Steenkamp actively campaigned against domestic violence.

- **South Africa** has the world's highest rate of women killed by an intimate partner, according to a study by the Medical Research Council. Professor Rachel Jewkes of the council said at least three women are killed by a partner every day in the country of 50 million.

A woman holds a photo of Reeva Steenkamp as she leaves her funeral Tuesday. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Kansas City block goes up in flames after crash

A car crashed into a gas main Tuesday evening in an upscale Kansas City shopping district, sparking a massive blaze that engulfed an entire block and caused multiple injuries, police said.

Kansas City Manager Troy Schulte said 14 people had been confirmed as injured, but officials didn't know if anyone was killed in the explosion.

Police Sgt. Tony Sanders said the manager of JJ's restaurant, which was destroyed in the blaze, was unable to account for three people, but it was unclear whether they were caught in the blaze or had left earlier.

Authorities were also trying to determine the full cause of the blast. Schulte said they didn't know there was a gas leak followed by an explosion. He said authorities believed it may have stemmed from an accident involving a utility contractor.

Earlier, police spokeswoman Rhonda Flores said it appeared that a car crashed into a gas main near JJ's just after 6 p.m. Flores said an initial call for three ambulances had been increased to 10. Flores said the car crash appeared to have been accidental.

In this image taken from video from KCTV, firefighters battle a massive fire at Country Club Plaza in Kansas City, Mo., on Tuesday. KCTV/THE ASSOCIATED PRESS

The University of Kansas Hospital was treating two people who brought themselves to the facility, said spokesman Bob Hallinan. He said the two injured people were being evaluated and he didn't immediately have their conditions.

The smell of gas was very strong near the area long after the suspected explosion.

Video showed dozens of firefighters and other emergency responders battling a massive blaze that appeared to have engulfed an entire block, with flames burning through the roofs. Black smoke swirled in the air and debris littered the streets. THE ASSOCIATED PRESS

Toxic milk? Health scare engulfs the Balkans after official posts test results

Reports that milk in the Balkans has been contaminated with a cancer-causing toxin have triggered a major health scare, with authorities appealing for calm on Tuesday, before official tests are done.

Most health officials in the region are insisting that the milk is safe and that aflatoxins are not harmful in small amounts. But a warning by a regional official has fuelled doubts about the official line, suspicions fed by the region's widespread corruption and the cozy ties between politicians and industry.

Senior Serbian agriculture official Goran Jesic claimed on his personal website that out of 35 tested milk samples in Serbia, 29 had higher levels of aflatoxins than allowed. He published a list of various brands of milk with high levels, saying the government was keeping them secret.

"If you ask me whether to buy milk, the answer is no," Jesic, the official in charge of Serbia's breadbasket region of Vojvodina, told a media conference. "I can't say why the state was hiding (the sample results); the state is to blame for this."

One dose of aflatoxin or two? DARKO VOJINOVIC/THE ASSOCIATED PRESS

A low dose of aflatoxin, linked to mildewed cattle feed, is not considered harmful, but high doses are linked to cancer. The Balkans experienced an extremely dry summer last year, which affected crops and provided conditions for the poisonous mould to grow, mostly in corn used as animal feed.

Serbia's National Consumers Association said that 17 kinds of milk had been tested. In 13, the toxin levels pushed but did not exceed the upper limits. THE ASSOCIATED PRESS

Brantford, Ont.

StatsCan worker trashes hotel room

Broken furniture. Stained carpets. Ink-smeared bed sheets. Damaged wallpaper.

Newly released documents show one census-taker's wild party left Statistics Canada with a hefty bill for her trashed hotel room.

Eight enumerators rolled into Brantford, Ont., in July 2011 and checked into the Hampton Inn.

One room was trashed. The total bill came to nearly $6,000. Statistics Canada settled for $4,000.

The unnamed census-taker said she felt bad and would have cleaned up with "Pledge and a vacuum" if she hadn't been in such a rush. THE CANADIAN PRESS

Theft in Brussels

$50-million gems gone in 5 minutes

Eight masked gunmen forced their way through the security fence at Brussels' international airport and snatched some $50 million worth of diamonds from a plane in five minutes without firing a shot.

The gang dressed like policemen and used black vehicles with flashing blue lights in their raid late Monday, said Anja Bijnens from the local prosecutor's office. THE ASSOCIATED PRESS

Global warming

Expect less snow. Also more: Experts

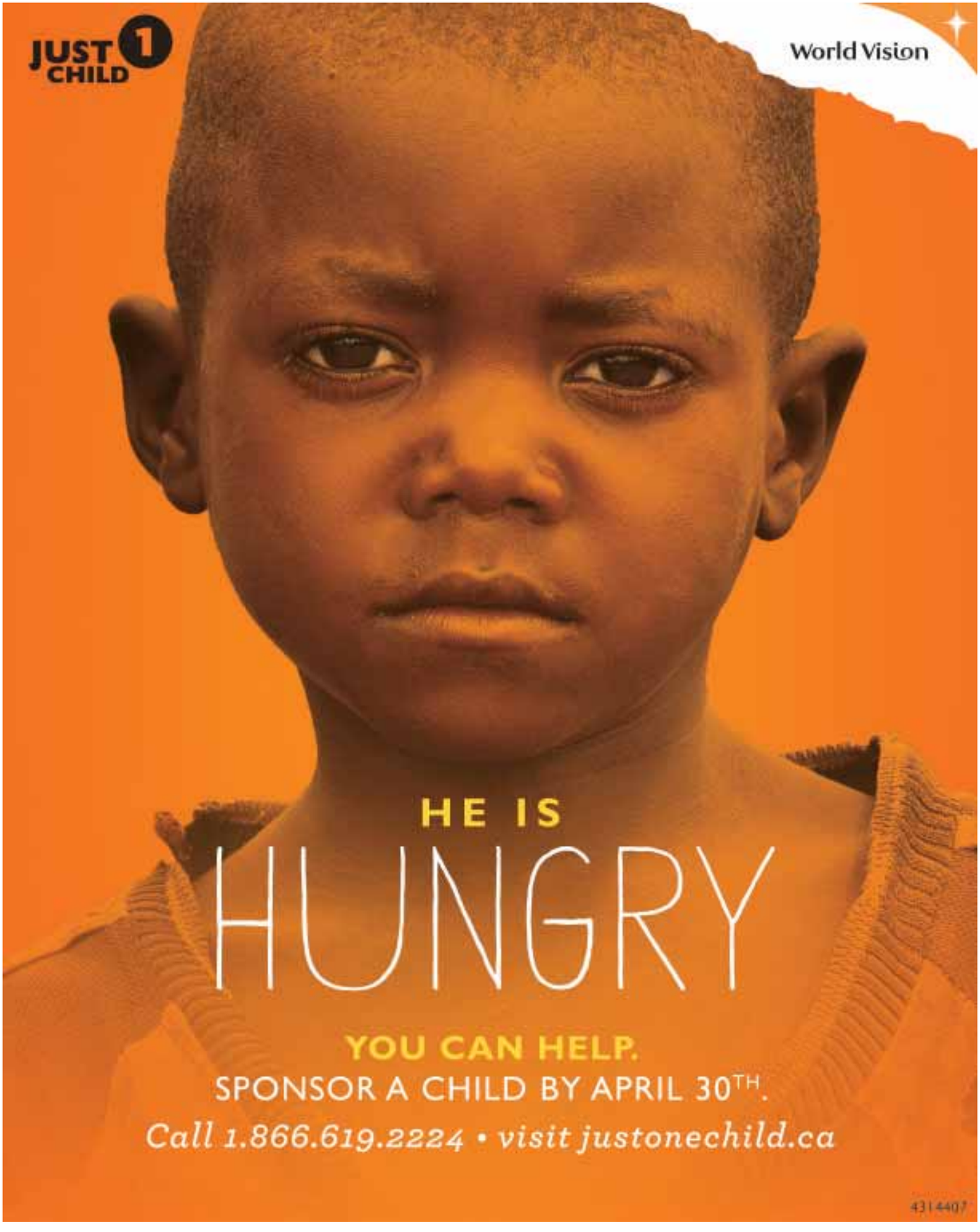
Scant snowfall but huge blizzards — 10 U.S. climate scientists say that's the new world we live in thanks to global warming.

A warmer climate is likely to decrease the overall amount of snow each year and shrink the snow season, they explain. But when it is cold enough for a snowstorm to hit, the slightly warmer air can carry more moisture, producing potentially historic blizzards. THE ASSOCIATED PRESS

Climate change

Tory carbon policy a mess: Report

The Conservative decision to go with complex, sector-by-sector regulation of emissions while provinces experiment with market-driven policies, such as cap-and-trade systems and carbon taxes makes for a confusing and possibly expensive patchwork, said a report released Tuesday by the International Institute for Sustainable Development. THE CANADIAN PRESS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Bring a gun and save

Hands up! I'll have pepperoni, onion and mushrooms

A Virginia Beach, Va., pizza shop owner is showing his support for firearm rights by giving gun owners a 15 per cent discount.

The discount is given to anyone who brings a gun or concealed handgun permit to All Around Pizzas and Deli. Since the discount began last Friday, owner Jay Laze says, 80 per cent of customers have brought guns into the pizza shop. One customer came in with an AK-47. THE ASSOCIATED PRESS

Gulf of Mexico oil spill

BP civil trial to proceed Monday

BP says it has failed to reach a settlement in advance of next week's civil trial on the Deepwater Horizon accident and is ready to defend itself vigorously against allegations of gross negligence in the U.S.'s biggest environmental disaster. Billions are at stake in the Feb. 25 trial in New Orleans to determine BP's civil liability. THE ASSOCIATED PRESS

Java vulnerability

Apple says some of its office Macs were hacked

Apple says a small number of Mac computers at its offices were infected by malicious software, in an attack similar to the one Facebook acknowledged last week.

In both cases, computers were infected through software downloaded from a developers' site. The attacks took advantage of flaws in the Java plug-in for browsers; the U.S. Department of Homeland Security has recommended disabling the plug-in. THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.83¢ (-0.56¢)

TSX 12,810.21 (+123.57)

OIL $96.66 US (+80¢)

GOLD $1,604.20 US (-$5.30)

Natural gas: $3.28 (+13¢)
Dow Jones: 14,035.67 (+53.91)

Great-West to buy Ireland's top life insurance provider

EU economic recovery.
Winnipeg-based firm strikes deal with Irish government to privatize bailed-out company

Great-West Lifeco world headquarters is pictured in Winnipeg on Tuesday. The company will acquire Irish Life Group for $1.75 billion through an agreement with the Government of Ireland. JOHN WOODS/THE CANADIAN PRESS

Great-West Lifeco Inc. will buy Irish Life Group for $1.75 billion from the Government of Ireland, which acquired the financial services company last summer as part of a bailout of its former parent.

Irish Life provides life insurance, pension management and investment services to more than one million customers — including about 800,000 individual policy holders.

It also manages assets worth the equivalent of $50 billion and employs about 2,200 people — almost all in Ireland.

"The acquisition of Irish Life is transformational for our companies in Ireland," Great-West president and CEO Allen Loney said Tuesday.

He said Great-West will become Ireland's leading provider of life insurance, pension and investment services with the single transaction.

The Winnipeg-based company began its pursuit of Irish Life when an auction process was launched in September 2011, but withdrew in November of that year due to the European sovereign debt and banking crisis. Speaking from Dublin in a phone interview, Loney said that negotiations resumed about two-and-a-half months ago in November 2012, after the economy began to show signs of improvement.

"Certainly, the Irish economic situation and fiscal situation ... (has) improved out of all recognition in the last 18 months or so."

THE CANADIAN PRESS

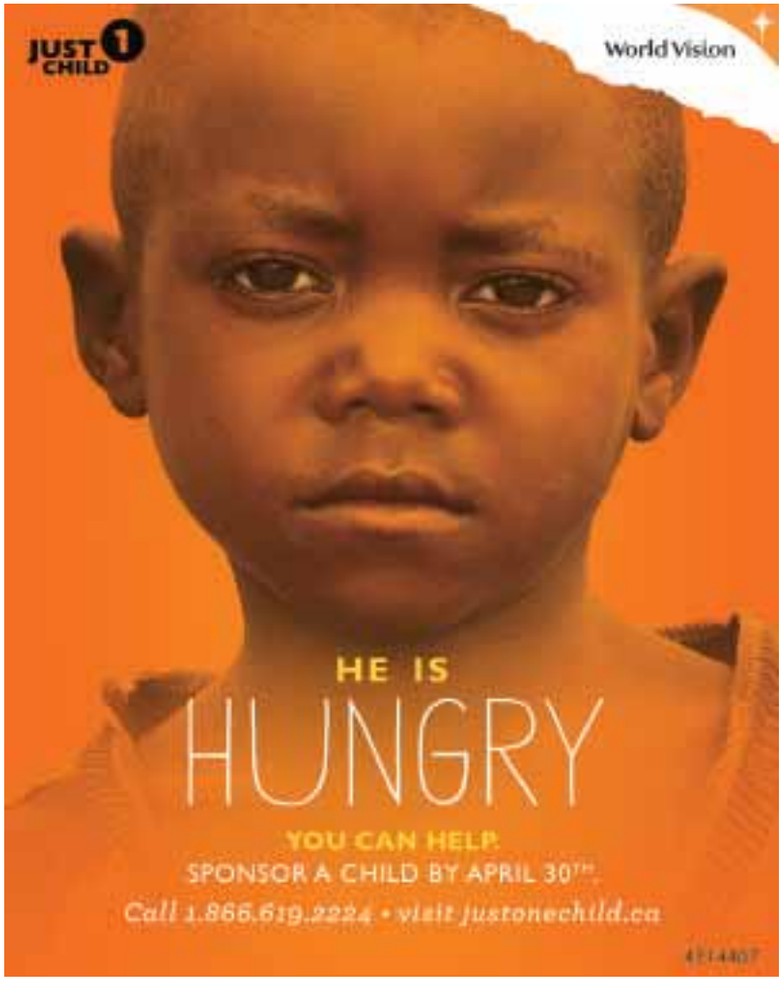
EU mystery meat scandal. Fancy a bit of horse ravioli?

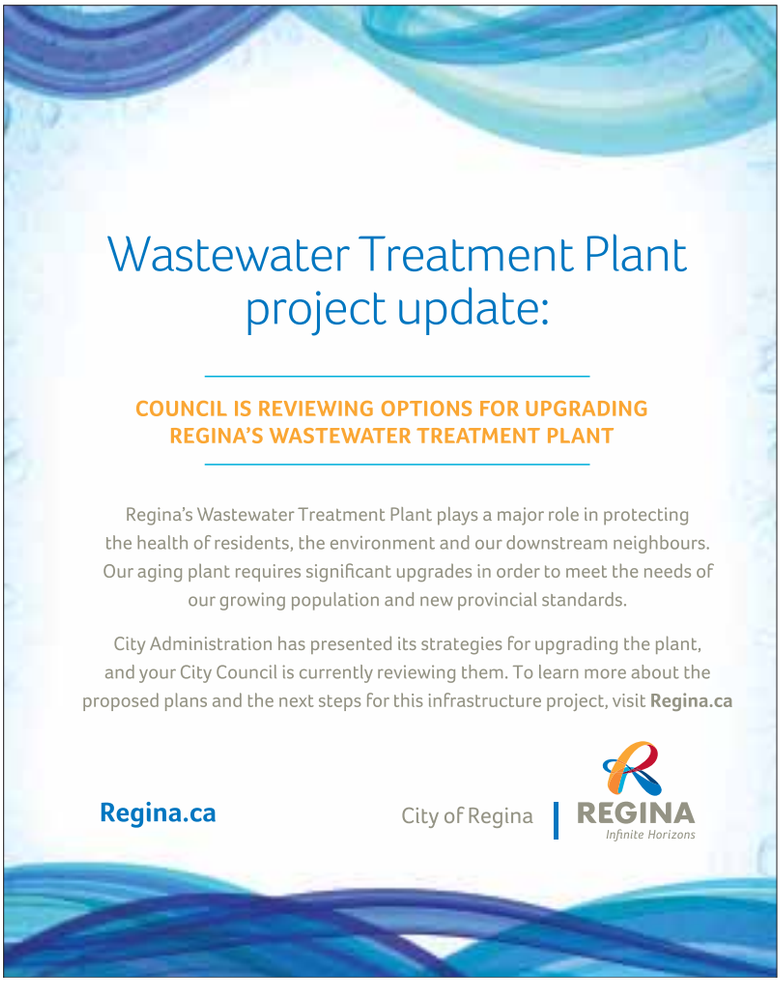
The world's biggest food and drinks maker Nestle SA has become the latest company to pull some of its products off European shelves after they were found to contain undeclared horsemeat.

The company, based in Vevey, Switzerland, said in a statement late Monday that it withdrew some of its beef pasta meals from sale after tests conducted two days earlier detected horse DNA. Nestle said it increased its surveillance after reports emerged last month of mislabelled products being sold in Britain.

"Our tests have found traces of horse DNA in two products made from beef supplied by H.J. Schypke," Nestle said in a statement. "The levels found are above the one per cent threshold the U.K.'s Food Safety Agency uses to indicate likely adulteration or gross negligence."

Nestle insisted that the Buitoni Beef Ravioli and Beef Tortellini meals sent to Italy and Spain, and frozen meat sold as Lasagnes à la Bolognaise Gourmandes to catering businesses in France, were safe to consume. THE ASSOCIATED PRESS




Wastewater Treatment Plant project update:
COUNCIL IS REVIEWING OPTIONS FOR UPGRADING REGINA'S WASTEWATER TREATMENT PLANT
Regina's Wastewater Treatment Plant plays a major role in protecting the health of residents, the environment and our downstream neighbours. Our aging plant requires significant upgrades in order to meet the needs of our growing population and new provincial standards.
City Administration has presented its strategies for upgrading the plant, and your City Council is currently reviewing them. To learn more about the proposed plans and the next steps for this infrastructure project, visit Regina.ca
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KILLIN' IT WITH COSMIC TIMING

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

Most astronauts explore space, the final frontier.

Chris Hadfield plays space, the Borscht Belt.

Hadfield is the first Canadian commander of the International Space Station, and, unlike previous, more conventional Canadian astronauts, Cmdr. Hadfield is knocking them dead.

It's as if he was on his way to Vegas and instead of taking I-95, he took the second star to the right and went straight on until morning.

Since climbing aboard the ISS just before Christmas, he has: Chatted with Captain Kirk, that other enterprising Canadian; composed a song and sung it with Ed Robertson of the Barenaked Ladies; sent valentines from space ("My heart glows like the Northern Lights ..."); participated in Ask Me Anything on Reddit; taken hundreds of vacation snaps (Here's one of Victoria from 350 kilometres up, and I think this one is Dublin by day ...); and tweeted compulsively to his 360,000 followers on Twitter.

High-flying showman

Here on the ground, we're not used to entertaining astronauts. Astronauts are tucked in and trim. They say things such as "roger, wilco," not "Wow, I can feel the warmth of the Irish all the way up here. Go raibh maith agaibh!," which is what he tweeted after posting his high-flying photo of Dublin.

Back here on the ground, we're not used to entertaining astronauts. Astronauts are tucked in and trim. They say things such as "roger, wilco," not "Wow, I can feel the warmth of the Irish all the way up here. Go raibh maith agaibh!," which is what he tweeted after posting his high-flying photo of Dublin.

Hard to tell what he'll do for an encore, but you can bet his global audience will demand it. Maybe he'll be held over, like that other Canadian astronomical stalwart, Cirque du soleil.

It's also hard to tell what this virtuoso tour de farce is doing for space exploration or the Canadian Space Agency, but more than one commentator has pointed out it will be harder to close it down by any government that doesn't have a death wish. Like the RCMP Musical Ride and the Snowbirds, you can't shut Chris Hadfield down any more than you can shut him up.

As I write, he's just finished demonstrating how to make a sandwich in a weightless state. (Peanut butter and honey on a space tortilla that's virtually indestructible. Yum.)

Of course, Hadfield's Orbiting Space Shenanigans aren't universally popular. Some people think he's trivializing space exploration and research. We spent how much to send Bozo into orbit? What about serious issues such as global warming? And, if you're a conspiracy theorist: What's he really doing up there?

Still, anyone with 360,000 followers must be doing something right. I think I've added 36 followers across the same time span. Of course, I can't tell you how to make a PB and honey sandwich in total weightlessness. I can, however, recommend crunchy over smooth, a tip that's worth its weightlessness in gold.

There's cosmic gold in them thar hills: "Tá Éire fiorálainn! Land of green hills and dark beer. With capital Dublin glowing in the Irish night," @Cmdr_Hadfield tweeted Monday with this photo of the city taken from the ISS. TWITTER

Go-go Golden-i gadget

GOLDEN-I/REX FEATURES

Inspector's gadget

Headset lets police look through walls

This head-mounted computer promises to give police officers and other emergency services Robocop-like abilities. The Golden-i unit is operated by voice commands and head movements and allows the wearer to access vital information without using their hands. The device also offers the ability to see through walls thanks to infrared technology. METRO

Golden-i's infrared vision: Developers say their gadget allows officers to record situations for later analysis and view live video feeds from other Golden-i devices. GOLDEN-I/REX FEATURES

In stores this year

You too can spy with a Golden-i

Made by U.S.-based Kopin Corporation and U.K. firm Ikanos Consulting, Golden-i was showcased at the Consumer Electronics Show in Las Vegas last month, although "no pricing has been announced yet," a spokesperson told Metro. The Golden-i professional kit is expected to be released by the summer, while a consumer version is set for later in the year. METRO

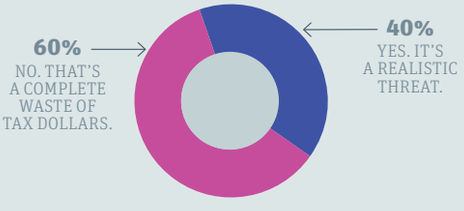
Golden-i's powers

- Remotely control other devices.
- Identify suspects using facial recognition.
- Monitor basic vital signs.
- Receive alerts from motion sensors.
- Call up floor plans and GPS co-ordinates.
- Scan licence plates instantly.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should the government prepare for a zombie apocalypse, just in case?



Twitter

@amclarke92: It's a lot easier doing chores at -40 C windchill when the sun is shining! #skstorm

@mattyjames1: Well the electronic and adult alternative categories are good. Can't say much else nice about Juno Award nominees

@jasondfedorchuk: I can't listen to the simulcast, so if I'm somehow nominated for a Juno, please, everyone: let me know. #NoAlbum #BestPerformanceByADad?

@saskryan: Congratulations to @OldManLuedecke on his Juno nomination! See you in Regina Chris!

@tylerdurston: I love #YQR, but one thing that would make me love #Regina even more is if they fixed the huge pot hole underneath the Wascana Pkwy overpass

metro

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Musician Carly Rae Jepsen — seen here performing during the Believe Tour in Los Angeles in October — received five Juno nominations on Tuesday, including album of the year. THE CANADIAN PRESS

Call me Juno: Carly Rae Jepsen tops nominee list

Award contenders. Justin Bieber, Johnny Reid, Leonard Cohen and Deadmau5 also recognized with multiple nominations

Looks like the Juno Awards knew Carly Rae Jepsen's number.

The singer from British Columbia — whose monster single Call Me Maybe took the world by storm in 2012 — landed a leading five nominations on Tuesday, prompting a flood of kudos and even spontaneous singing from fellow nominees gathered at a media conference.

"It's catchy. It's in my blood," Maestro Fresh Wes, a nominee for rap recording of the year, said as he burst into the chorus of Call Me Maybe in a red-carpet interview.

"You can't help it, man. It's cool, man, it's cool, and I wish her all the best. It's a lot of hard work. People just see the final product, they don't see the blood, sweat and tears that was put into making that project come into fruition, so all the best to her."

Jepsen was nominated for two prizes at the recent Grammy Awards but went home empty-handed.

At the Junos, she'll vie for the fan choice award, single of the year, album of the year, artist of the year and pop album of the year.

"It's a great pop song — let's not mess around," said Erik Arnesen, banjo/guitar player for the Great Lake Swimmers, who are nominated for roots and traditional group album of the year.

"It's a shame she wasn't able to get the Grammys so here's hoping she gets some recognition in her own country."

"I was a little disappointed she didn't get a Grammy," added Ottawa teen country singer Kira Isabella, who's nominated for breakthrough artist of the year.

"I hope she wins big this time. I'm really proud of her. She's had an amazing year.

"(Call Me Maybe) has to win song of the year! People that say they're sick of it — it just grew on me even more."

Jepsen's biggest competition is Stratford, Ontario-bred teen phenom Justin Bieber, who is next in line with four nominations: fan choice, best album, best artist and pop album.

Justin Bieber will be competing with Jepsen for artist of the year at the 2013 Juno Awards, airing live from Regina on April 21. THE CANADIAN PRESS

Other contenders for artist of the year include electronic producer Deadmau5 (née Joel Zimmerman), country music charmer Johnny Reid and legendary troubadour Leonard Cohen, who received two other nominations — fan choice and songwriter of the year.

Meanwhile, Cohen's son, Adam, is up for the inaugural adult contemporary album of the year. That category also includes The Tenors and pop superstar Céline Dion, who is also nominated for fan choice and album of the year.

Other triple Juno nominees include rockers Billy Talent, Hedley, Metric, Marianas Trench and the Sheepdogs, who tied with Feist as the leading winners of last year's Junos in Ottawa with three trophies apiece.

The Sheepdogs and Billy Talent will face off for rock album of the year, a category that also includes Big Wreck, Rush and the Tragically Hip.

Jepsen is also scheduled to sing at the Junos, which will be held in Regina on April 21.

"Regina's been a regular stop for us on tour for many, many years, so we're looking forward to the party on the Prairies," said Tony Dekker, founding member of the Great Lake Swimmers.

Eleven-time Juno winner Michael Bublé, who is nominated this year for the fan choice award, will host the show and perform.

THE CANADIAN PRESS

Saskatchewan nominees

- **The Sheepdogs.** The rockers were nominated for group of the year, rock album of the year and single of the year for The Way It Is.
- **Donny Parenteau.** The Métis singer was recognized for Aboriginal album of the year.
- **Colin James.** The six-time Juno winner is up for blues album of the year for his latest release FIFTEEN.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Renee Zellweger

ALL PHOTOS GETTY IMAGES

Zellweger not afraid of some PDA

Renee Zellweger is enjoying her relationship with guitarist Doyle Bramhall, and she's not afraid to show it.

The pair was spotted making out on the beach during their current Hawaiian vacation, according to E! News.

"They have been really cute together," a source says. "They've been openly kissing and cuddling. He even has his guitar on vacation with him and was playing it for her while they waited for their rental car."

Charlize Theron

Star-studded first birthday party

Charlize Theron's one-year-old adopted son, Jackson, is already making headlines for his A-list birthday party, according to E! News.

"Sandra Bullock was one of the first guests to arrive with her son Louis," a source says of the fete held Sunday at Theron's Hollywood Hills home. "As they walked into the party, they bumped into Chelsea Handler who had also just arrived in a limousine. They all walked in together and headed for the backyard where children's music was playing and kids were running around."

The word

Paltrow has lost her passion for acting, source says

Gwyneth Paltrow just isn't feeling it anymore when it comes to her acting career, according to Us Weekly.

"She's lost her passion for movies," a source says. "She won't quit acting. Her plan is to do one, maybe two supporting parts a year."

So what else will Paltrow do to fill her time? The source says she will mainly focus on her lifestyle website, Goop, with an aim to emulate another blonde star: Jessica Simpson. "She admires Jessica's empire," the source says. "She wants to make a killing." **METRO WORLD NEWS**

YOU COULD WIN A CONCERT DATE WITH BIEBER!

METRO "BELIEBES" IN LOVE!

Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:

1. Take a photo of yourself with the "I Beliebe in Love" ad which appeared on February 14th 2013 in a place you'd like to take Justin on a date. (If you missed the ad you can print it out at www.clubmetro.com/bieber)
2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!

metro

Hot & Fresh pizza pizza

Beliebes in love too!

Valentine 's Day may be over, but your chance to win isn't!

No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

LIFE 3

Tee up with the greats at the World Golf Hall of Fame

Exclusive club. Take a break from duffing and dream of what it would be like to swing like Jack Nicklaus and Arnold Palmer

BRIAN KENDALL
canadiangolftraveller.com

President Dwight D. Eisenhower's golf shoes. Sam Snead's lunch box. Canadian legend Marlene Stewart Streit's first hole-in-one trophy. These are among the thousands of artifacts displayed at the World Golf Hall of Fame, the centrepiece of Florida's World Golf Village, a combination resort and theme park located between Jacksonville and St. Augustine.

As in every corner of the golf-obsessed Sunshine State, the northeast has targeted golf travellers, who account for one-third of the rounds played annually. More than 50 public-play courses are found in a 153-kilometre stretch of prime beachfront marketers have tagged Florida's First Coast, since it was the first region settled by Europeans and offers the first beaches most vacationers see as they motor into the state.

Many visitors to the World Golf Hall of Fame stay on site at the refurbished 300-room Renaissance World Golf Village Resort, then set out to explore the village's shops, restaurants and the World Golf Hall of Fame, an entertaining mix of conventional museum-style exhibits and cutting-edge video presentations.

The brainchild of former PGA Tour commissioner Deane Beman, the hall is designed to reflect both golf's past and the spirit of the game. The 18 peaks of the roof of Boston architect E. Verner Johnson's glass-and-steel shrine represent the 18 holes in a round of golf. And the front curve of the building is meant to symbolize the arc of a golf swing.

Try your hand at the King and Bear course, courtesy of Jack Nicklaus and Arnold Palmer. COURTESY WORLD GOLF HALL OF FAME

A barrage of archival films unreel on screens large and small throughout the hall. In the Bob Hope Theatre, Arnold Palmer, Jack Nicklaus and other immortals appear in a video highlighting the comedian's famous passion for the game. Also rolling in a never-ending loop is film of astronaut Alan Shepard's six-iron shot during the 1971 Apollo 14 mission, the swing that made golf the first interplanetary sport.

The Slammer and Squire is also part of the World Golf Village.

Interactive exhibits include a putting green where visitors can try their luck with old-style wood-shafted putters and gutta percha balls. Another highlight is the Trophy Room at the top of the Hall of Fame Tower, which holds the World Cup, the President's Cup and many more of golf's most famous baubles.

But the spiritual heart of the museum is Shell Hall, where handcrafted bronze relief plaques of each of the 141 honoured members line the Wall of Fame like ancient sarcophagi.

Even more fascinating — and intimately revealing — is the Member Locker Room, featuring more than 2,000 artifacts and memorabilia from the hall's members in lockers dedicated to telling their individual stories.

Found here are Nicklaus's favourite fly fishing rod, Babe Zaharias's harmonica, one of the two Purple Hearts won by Lloyd Mangrum in the Second World War, and the 1970 and 1972 World Team jacket worn by Marlene Stewart Streit, the winner of every major title in women's amateur golf, who in 2004 became Canada's first — and still only — inductee to the hall.

Found almost in the shadow of the hall is the PGA Tour Golf Academy, the only teaching facility that carries the PGA Tour name.

Golf in the land of greats

Right on the World Golf Village property are the two excellent golf courses. Opened in 1998, the 6,939-yard Slammer and Squire course snakes tightly through wetlands before widening and wrapping around the hall. The layout was designed by Bobby Weed with input from Sam Snead (the Slammer) and Gene Sarazen (the Squire). Palmer and Nicklaus, in their only design collaboration, built the King and Bear course, a 7,279-yard beast opened in 2000. Palmer (the King) handled the layout's original routing, which Nicklaus (the Bear) then refined.

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Architectural Heritage Society of Saskatchewan
HELPING HERITAGE HAPPEN

Super food quinoa made easy in corn, bell pepper & spinach salad

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rosereisman.com

Quinoa is a "super" food — low glycemic, with an abundance of nutrients. Containing eight essential amino acids, it's the only grain that's considered a complete protein, making this recipe a vegetarian's delight.

Ingredients

- 1 cup quinoa
- 2 cups vegetable stock
- 1 1/2 cups canned corn kernels, drained
- 1 tsp vegetable oil
- 1 cup diced onion
- 1/2 cup diced red bell pepper
- 2 tsp crushed fresh garlic
- 1/2 tsp ground cumin
- 1 tsp seeded minced jalapeño pepper
- 4 cups chopped fresh spinach
- 1 tbsp water
- 1/3 cup chopped green onion
- 1/3 cup chopped cilantro
- 1/3 cup crumbled light feta cheese
- 2 tbsp olive oil
- 2 tbsp lemon juice

1. Bring quinoa and stock to boil. Cover and simmer 15 mins., just until stock is absorbed and quinoa tender. Remove from heat and place in serving bowl.

2. Spray non-stick skillet with cooking oil and place over medium heat. Sauté corn approximately 8 mins., just until browned, stirring. Set aside.

3. Spray skillet with cooking oil, add vegetable oil and place over medium heat. Add diced onion, bell pepper, garlic, cumin and jalapeño pepper and sauté until onion begins to brown, about 5 mins. Add spinach and water. Cook until spinach wilts, 2 mins.

4. Remove from heat. Stir in green onion, cilantro, cheese, olive oil, lemon juice and sautéed corn. Add mix to quinoa and combine. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Quinoa with Charred Corn, Bell Pepper & Spinach Salad

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Drink of the Week

Stoli Kokopolitan

This sweet treat not only looks great but it tastes delicious, too. With its cranberry juice and chocolate vodka, it's quite the combo!

- 2 parts Chocolate Kokonut Stoli vodka
- 3/4 parts pomegranate juice or cranberry juice
- 1/2 part fresh lime juice
- 1/4-1/2 parts simple syrup

Combine the vodka, pomegranate or cranberry juice, fresh lime juice and simple syrup.
Shake over ice and serve.
METRO WORLD NEWS

This recipe serves two. NEWS CANADA

Get the kids involved in making a customized Pitazza

Making your own version of your favourite take-out meals at home means you can control exactly the amount of sodium and fat that your family consuming.

You can also top with your other favourite pizza toppings for a customized version of the Pitazza.

1. Preheat oven to 400 F (205 C).

2. On large baking sheet arrange pita bread. Spread 1/4 cup (50 ml) Healthy Choice Garlic and Fine Herb tomato sauce evenly on each pita half. Top with 1/4 cup (50 ml) each: peppers, mushroom and 2 tbsp (25 ml) red onion. Evenly sprinkle crumbled feta cheese.

3. Bake 12 mins. NEWS CANADA/FACEBOOK.COM/HEALTHYCHOICECANADA

Ingredients

- 1/2 cup (125 ml) Healthy Choice Garlic and Fine Herb pasta sauce
- 1 90 g whole wheat pita, split in half to make 2 circles
- 1/2 cup (125 ml) finely sliced peppers (red, orange and/or yellow)
- 1/2 cup (125 ml) sliced mushrooms
- 1/4 cup (50 ml) minced red onion
- 2 tbsp low-fat feta cheese crumbled or your favourite low-fat cheese

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CREATE A SWEETER FUTURE

CUPCAKE DAY TO RAISE FUNDS FOR HUMANE SOCIETIES AND SPCAS

This mother and her pups were found in distress, but thanks to SPCA intervention and donor support all the dogs are now fully recovered and have been adopted into loving homes.

CONTRIBUTED PHOTOS

Animal lovers, bakers and confectionary connoisseurs across the country are invited to bake cupcakes and raise funds for Canada's inaugural national fundraising program for SPCAs and humane societies.

National Cupcake Day, Monday, Feb. 25, is organized by the British Columbia Society for the Prevention of Cruelty to Animals (BC SPCA) and the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) with many participating organizations across the country.

"We are encouraging people to register online at nationalcupcakeday.ca and then to bake and offer cupcakes by donation on Feb. 25, with all proceeds going to support their favourite participating SPCA or humane society," says Rosemary Conder, chief development officer of the BC SPCA. "Supporters can host National Cupcake Day parties in their homes, bake cupcakes to take to school or the office or offer them by donation in the community. It's an easy and fun way to make a life-saving difference in the lives of animals who desperately need our help."

"We hope animal lovers will encourage their family and friends to donate online and to support their efforts by attending local National Cupcake Day parties, collecting donations or hosting events of their own," says Marc Ralsky, director, community and donor development for the OSPCA. "Everyone loves cupcakes, and they taste even sweeter when you know it's for a good cause."

The event originated in Australia, developed by creative and passionate fundraisers at the RSPCA in New South Wales.

"The event there currently raises $1 million annually Down Under," Conder says.

"And our RSPCA colleagues have been generously sharing their resources to make it a reality in Canada."

Once registered online, participants are mailed a National Cupcake Day host kit, which includes a poster, sticker, balloons and fundraising guide, making it easy for those who want to participate and help animals in need. Even if you are fashionably late joining in on the fun, you are welcome to continue fundraising or hosting an event after Feb. 25.

"This event is a team effort and every donation and cupcake counts," Ralsky says. "We would like to thank all participants and our generous sponsors Petsecure, Reynolds and BMO. Together we will be helping create a healthier and happier future for animals."

To us, every animal is family.

We're proud to support the SPCA.

Animals are the face of TELUS and are at the heart of our giving. Over the years, we've committed millions to support animal welfare organizations across Canada, including $120,000 last year alone to help the SPCA with its vital work. We'll continue to give where we live to ensure all Canadian critters, great and small, are treated with the respect and love they deserve.

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telus.com/community

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City slickers: try Ag on for size

Don't fancy yourself a farmer? No matter — the agriculture industry is in need of specializations from engineering to biotechnology

HANSEN WONG
TalentEgg.ca

No matter what your major is or what your interests are, there's likely a career for you in agriculture. And if you've never considered working in the agriculture industry — or you still think working in agriculture means toiling in the sun — read on.

Right now, the industry is in need of specializations ranging from biotechnology to law to graphic design.

If you're like me, a city dweller who spends more time indoors than outdoors, you may question how the agriculture industry would suit you.

But working in the agriculture industry can be incredibly satisfying, the opportunities are endless, and it's one of the more stable industries out there — after all, we all have to eat.

Why choose agriculture?

Agriculture is an industry that often gets overlooked for the more sought after industries, such as oil and gas and the financial sector.

But most agricultural companies offer a laid-back atmosphere, which is a great transition from student life. In no other industry would I get to drive a tractor in a suit or get VIP seats to a chuckwagon race or act as Brock Lesnar's photographer for a day (yep, he's a farm boy!)

Of course, your experience will be different from mine, depending on your field and the company you work for. But at the end of the day, you can go home knowing you helped put food on millions of tables and had fun while doing so.

What jobs are available?

A recent report by the University of Guelph found that there's more than three jobs per agricultural graduate in Ontario. In the Prairies, the industry has never been stronger.

Because of the size of the industry, there are opportunities within almost every field. Engineers are needed for the development of industrial equipment, from GPS farming technology (known as precision farming) to 30-ton tractors, while computer scientists are needed in areas such as data processing and data storage.

I work as an online marketing specialist for Rocky Mountain Equipment, an agriculture equipment dealer group. While my expertise lies in SEO, SEM, PPC and a few other fancy acronyms, other marketers in my company have specializations ranging from event planning to client relations, graphic design and public relations.

Then there are the advertising agencies. AdFarm and Woodruff Sweitzer are full-service advertising agencies that cater only to agricultural clients. AdFarm has offices across the Prairies, with teams of graphic designers and account executives at each office.

And for the science majors, there are the agricultural sciences. If you're not sure what to do with your B.Sc, consider

Canada's agricultural sector employs one in eight Canadians. ISTOCK IMAGES

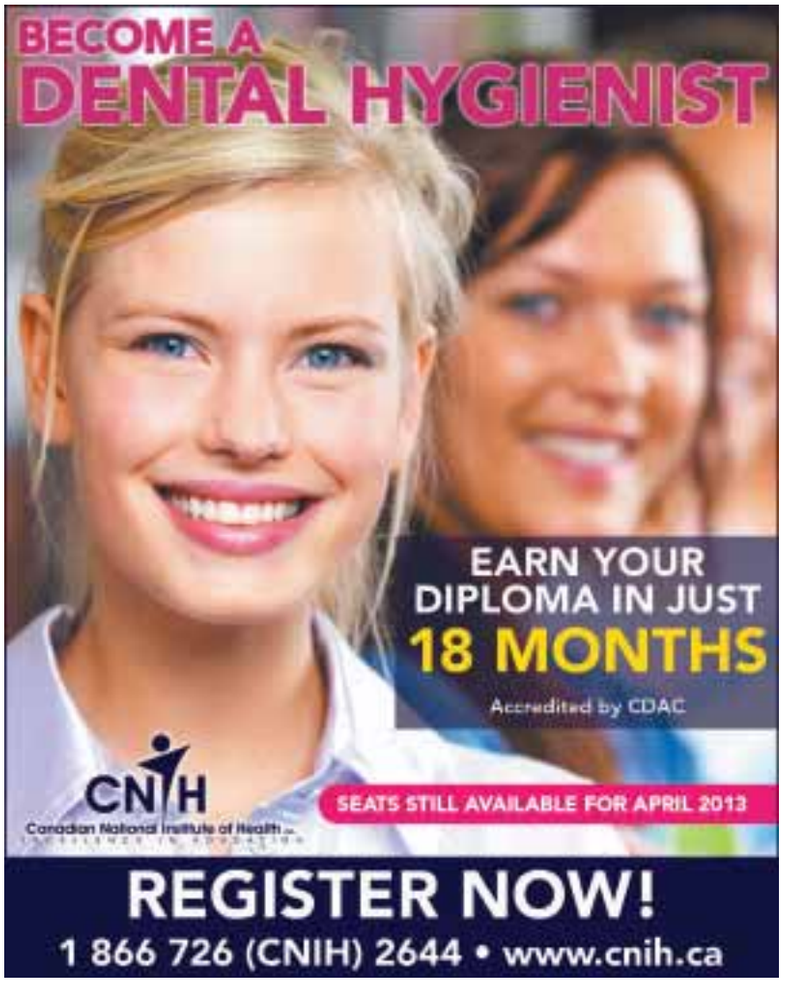
that the agriculture industry employs biochemists, entomologists, geneticists and biotechnologists, just to name a few career paths.

And still, there are countless opportunities I have yet to touch on, including engineering positions for John Deere (which spends $2 million a day on R&D), to loan officer and financial analyst positions for TD Canada Trust's Agriculture Services or Scotiabank's Agricultural Banking divisions. Chances are, no matter what your passions are, there's a career for you in agriculture.

What about job security?

The easy answer to this question is that we all need to eat. But to take this a step further, Canada's agricultural sector is likely Canada's most stable industry. It accounts for 8.1 per cent of Canada's GDP, employs one in eight Canadians, and the industry has grown a steady 1.5 per cent each year since 1997.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.



Student Voice

Have a plan, but be ready to embrace change

Aisalyn Templin
Graduate, Political Science
University of Toronto
TalentEgg.ca

Aisalyn Templin. HANDOUT

After attending three different universities and switching programs three times, I finally landed in political science at the University of Toronto.

It was an unlikely decision, considering my path began with public relations in a media studies program at Humber. I quickly realized this was not the right fit for me and instead pursued studies in an arts and business program at the University of Waterloo.

After a year and a half, I landed my first co-op job at the University of Toronto in a student centre. I loved coming to work every day, even if I missed having classmates at school. This co-op position turned into a full-time job for three years.

When I did go back to finish my degree, I transferred to U of T, which was my new home. Going back to school full-time was a huge challenge — I had gotten used to a student lifestyle, but with a salary and no homework.

When I did go back to class I wasn't sure where it would lead me. Like many of my friends, I decided to apply for a post-graduate program at a college in Toronto.

It turns out life had another plan in mind for me. Three weeks after my classes ended I saw a posting for the job I have today. Knowing my path has been full of twists and turns I decided to go for it.

My philosophy of having a plan but embracing change paid off, and I love what I'm doing now.

Looking back, I resent years of "career planning" that began in grade 10. What happened to being flexible? What about the fact that many of the careers most of us will pursue don't even exist yet? My job wasn't even created until seven months ago.

What I'm doing now

I'm working jointly with Alumni Relations and Student Life at the University of Toronto.

My advice for employers

Don't be afraid to invest in young people. My employer took a chance on me when I was only 19, and it paid off for both of us. Young people often bring a level of enthusiasm and fresh perspective that can be a welcome addition to any workplace.

My advice for students and recent grads

Embrace change! Planning out your whole life at the age of 19 is overrated.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE.

CFL

Alouettes hire Hawkins as coach

Once again, general manager Jim Popp went outside the box to find a head coach for the Montreal Alouettes.

On Tuesday, the CFL club hired Dan Hawkins to replace Marc Trestman who was named the Chicago Bears head coach last month. Hawkins, 52, arrives in Montreal with no previous Canadian football coaching experience.

Hawkins spent the last two seasons as a college football analyst for ESPN and has served as the head coach at Boise State and Colorado. THE CANADIAN PRESS

Dan Hawkins
THE CANADIAN PRESS

Tennis

Raonic ready to reload at UBC

Milos Raonic is looking forward to taking his big serve to UBC again for Canada's Davis Cup quarter-final tie against Italy in Vancouver.

The Doug Mitchell Thunderbird Sports Centre, named Tuesday as the venue, has been kind to the Canadian tennis squad, which upset Spain there earlier this month to advance to the World Group quarter-finals for the first time.

The team for the April 5-7 best-of-five series against Italy will be chosen by captain Martin Laurendeau at a later date.
THE CANADIAN PRESS

Winnipeg Jets goaltender Ondrej Pavelec denies Buffalo Sabres centre Cody Hodgson of a goal in Buffalo on Tuesday. GARY WIEPERT/THE ASSOCIATED PRESS

Pavelec steers Jets to win over Sabres

NHL. Winnipeg leaves its three-game losing streak behind in Buffalo

On Tuesday

Jets	Sabres
2	1

Ondrej Pavelec made 29 saves to help the Winnipeg Jets snap a three-game skid with a 2-1 win over the Buffalo Sabres on Tuesday night.

Andrew Ladd's goal that made it 2-0 early in the second period stood up as the winner, and Bryan Little also scored for Winnipeg. The Jets won for the third time in 10 games while opening a season-high five-game road swing.

Jason Pominville scored for Buffalo, once again booed by its home crowd. The Sabres are 4-9-1 in their past 14 and have dropped consecutive home games for the first time since last February.

Pavelec, who was playing his 200th NHL game, made 11 third-period saves for a Jets team that continues to have difficulty generating offence. Winnipeg has gone seven games without scoring three goals in regulation.

Pavelec's best save came with just over five minutes left, when he kicked out his left pad in time to stop T.J. Brennan's hard shot from the left circle. Then there was his left pad save in stopping Tyler Ennis from in close with 1:14 remaining.

He also made a sharp glove save to stop Drew Stafford set up alone in the lower left circle with 1:44 left in the first period.

After Little scored a minute into the game, Ladd made it 2-0 at the 5:46 mark of the second period.

The Jets captain did much of the work in setting up the goal by causing Nathan Gerbe's turnover inside the Buffalo zone. Ladd poked the puck off Gerbe's stick as he was attempting to skate up the middle. Ron Hainsey kept it in at the left point and fed a pass to Ladd, who scored from the left circle.

The Sabres received some real cheers when Pominville scored on a 2-on-1 break with 22 seconds left in the second period. THE ASSOCIATED PRESS

Paralympics will weather storm: IPC prez

Oscar Pistorius competes at the Paralympics in London on Sept. 5, 2012. Pistorius appeared in court Tuesday, the first part of a two-day bail hearing.
EMILIO MORENATTI/THE ASSOCIATED PRESS FILE

As Oscar Pistorius offered his first defence against a murder charge, the head of the Paralympics tried to reassure members Tuesday that the organization has a strong future even without its star athlete.

International Paralympic Committee president Philip Craven told The Associated Press he has been in a state of "shock and disbelief" since Pistorius was charged with premeditated murder in last week's shooting of his girlfriend, Reeva Steenkamp.

Pistorius enjoyed a record-breaking Paralympics last year and had been central to plans to maintain the momentum of disability sports. Now, he has pulled out of all future races.

The South African helped generate unprecedented interest in the Paralympics by becoming the first double amputee sprinter to compete at the Olympics. Craven wants to ensure the Paralympics' progress is not damaged by the fallout from Pistorius's case.

"Even since this tragedy happened, it's still been 'London, London, London' and what happened there — a unique moment in times that still continues in the hearts and minds of people."

Craven pointed to British sprinter Jonnie Peacock, who deposed Pistorius as 100-metre champion at the Paralympics, and Alan Oliveira, who took the 200 title in front of a crowd of some 80,000 in the London Olympic Stadium.
THE ASSOCIATED PRESS

Quoted

"We've got so many stars coming through that this will not be an issue."

International Paralympic Committee president Philip Craven on the impact of Paralympic star athlete Oscar Pistorius being charged with murder.

4 SPORTS

It's buyer beware for used Cherokees with modifications

Second Gear.
2006-2010 Jeep Grand Cherokee SRT8

JUSTIN PRITCHARD
drive@metronews.ca

Chrysler's SRT team worked their magic on the Grand Cherokee for the 2006 model year, creating a fire-breathing SUV that would become the best-selling SRT8 model yet. With room for a family and its things, a 6.1 litre, 425-horsepower V8 engine and all-wheel drive, it was a hot-rod sport-ute that drivers could use all year round. All models got a five-speed automatic transmission with manual mode.

And, best of all, unlike models from across the pond, this HEMI-powered monstrosity didn't require parting with an appendage to own.

Common Issues

First-generation Grand Cherokee SRT8 shoppers are advised to scrutinize the condition of consumable parts like brakes, tires and suspension, and have the vehicle's underside checked for signs of damage or leakage.

Checking service records is also advised. Be sure the seller isn't trying to pass off a unit that's wearing a set of fried tires and brake pads.

Be cautious of any model that's fitted with upgrades beyond simple intake and exhaust modifications. Note that some modifications may adversely affect reliability, warranty coverage and even be illegal.

Have a mechanic inspect the transfer case for signs of leakage, which could indicate a bad seal. Look for any check-engine lights that may be illuminated, and be sure to triple-check the air conditioning system for proper operation, too.

The presence of "groaning"or "grinding" sounds from the rear of the vehicle during turning could indicate a worn-out or damaged rear differential. Clunking or popping sound from beneath the vehicle when driving over bumps could indicate a worn-out suspension component.

What to look for

Look for upgraded Brembo brakes and suspension, wheels and tires and a variety of track-ready improvements. Forget taking this Jeep in the dirt though — it's lowered suspension and front air-dam wouldn't approve. Feature content included heated leather, navigation, premium audio, a sunroof and plenty more.

What owners like

Most Grand Cherokee SRT8 owners rave about crushing performance, looks, sound effects and year-round operation combined with everyday flexible utility. Obviously, passing power, acceleration and braking performance are highly rated.

SUBMITTED

What owners dislike

Fuel consumption, limited rear-seat space and a sometimes-rough ride are among the most common complaints of the Grand Cherokee SRT8. Additionally, some wish for a more "upscale" interior feel, though a mid-cycle refresh of the Grand Cherokee did fit some additional premium materials to address this concern.

Verdict

Seek out a Grand Cherokee SRT8 that hasn't been abused and neglected, and you can expect a reliable and affordable way to access world-class family SUV performance.

Under pressure: save money and keep safe

Maintaining proper tire pressure is one of the easiest ways to lengthen the life of your tires and save you money. Learning the basics of tire inflation will go a long way in benefiting you, your vehicle and your wallet.

"Properly inflated tires provide even ground contact which prevents your tires from wearing disproportionately and reduces rolling resistance meaning lower fuel consumption," explains tire expert Bill Hume, vice-president of Hankook Tire Canada.

"The improved fuel economy could save you up to two weeks' worth of pump costs per year."

So how do you know if your tires are at the right level?

Why is tire pressure so important?

"Properly inflated tires provide even ground contact, which prevents your tires from wearing disproportionately and reduces rolling resistance meaning lower fuel consumption."

Bill Hume, vice president, Hanook Tire Canada

- Check your inflation levels monthly by inserting a tire pressure gauge into the valve stem when the tire is cold. The number should match the suggested inflation listed on the drivers' side door placard or the vehicle owner's manual.
- Over-inflated tires are more susceptible to damage and can lead to a harsher, bumpier ride, while under-inflation can increase wear and create drag. A quick visual check may seem tempting; however, tires can be under-inflated by 20 per cent and still look perfect.
- Keeping tire pressure basics in mind is the first step towards maintaining vehicle performance and enjoying a safe ride.

NEWS CANADA

Tires can be under-inflated by 20 per cent and still look perfect. NEWS CANADA

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You may not like making sacrifices but deep down you know that something has to go. This is the ideal time for a clear-out — be it physical, mental or emotional. Get your broom and sweep away those cobwebs.

♉ Taurus
April 21 - May 21
Challenges of one kind or another have been met and overcome, and now you know you can compete on equal terms your confidence will soar. Today, however, you need to cooperate a bit more and compete a bit less.

♊ Gemini
May 22 - June 21
This is a good time to extend your education in some way. If there is a particular topic that intrigues you then find out all you can about it. What you learn will be useful to you in the months ahead.

♋ Cancer
June 22 - July 23
The Sun in sympathetic Pisces encourages you to look further afield for the answers you seek. In some way or other you will be on the move today — and you'll discover things that few people know about.

♌ Leo
July 24 - Aug. 23
Don't gamble with what you own and earn. You may be tempted to take some kind of financial risk, with the promise of big rewards if it goes the right way. But what if it doesn't? You cannot afford to take the chance.

♍ Virgo
Aug. 24 - Sept. 23
Friends will do anything for you today — all you have to do is ask. But before you do, bear in mind that you should not take their goodwill for granted. The best friend is the one who doesn't expect too much.

♎ Libra
Sept. 24 - Oct. 23
A certain task that looked so difficult a short while ago now looks incredibly easy. So what are you waiting for? Get on with it. You may surprise yourself how easily you make a success of it.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in your fellow Water sign of Pisces not only fills your heart with joy but fills your mind with all sorts of creative ideas. What you do next is up to you but do something — and make it amazing.

♐ Sagittarius
Nov. 23 - Dec. 21
It may seem as if the world is against you but it's not remotely true. In fact, you'll realize you have friends in all directions if you only look on the bright side and stop entertaining negative thoughts.

♑ Capricorn
Dec. 22 - Jan. 20
It is important that you know who among your friends and relatives can be trusted because if you confide in the wrong person today, the results could be disastrous. But confide you must. Don't keep your feelings to yourself.

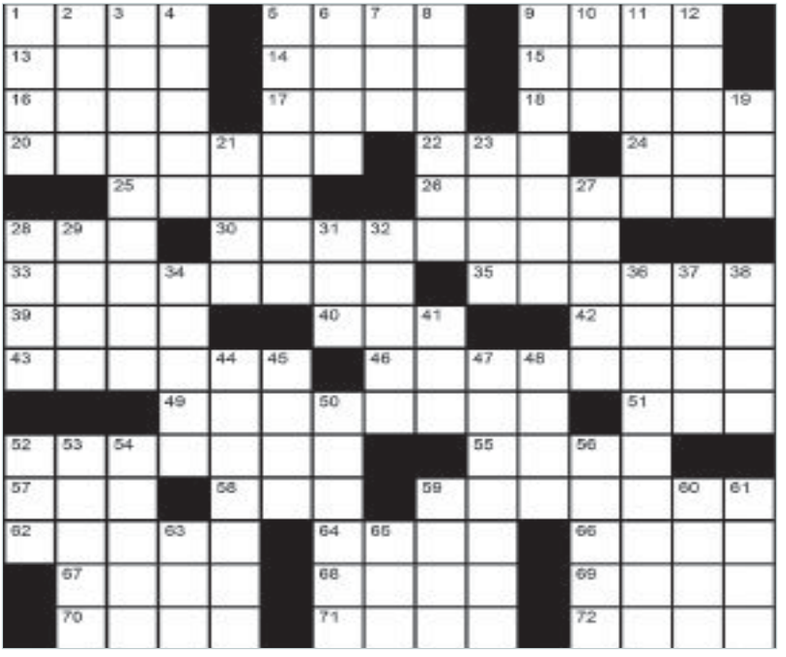
♒ Aquarius
Jan. 21 - Feb. 19
An issue that has been causing you sleepless nights will resolve itself over the next 24 hours, much to your relief. Next time, try not to take this kind of situation so seriously. Time heals all wounds — be they real or imagined.

♓ Pisces
Feb. 20 - March 20
You know what needs to be done today, so get on and do it. The earlier you get busy, the quicker you will get through your chores and the more time you will have to do fun things with others this evening.

SALLY BROMPTON

Crossword: Canada Across and Down

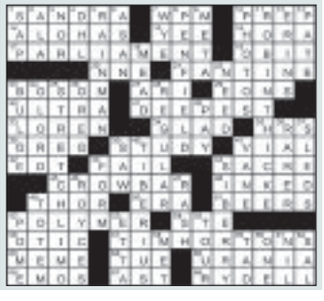
BY KELLY ANN BUCHANAN



Across
1. The __ Awards (Overseas Grammy equivalents)
5. Canada Goose monument site in Ontario
9. Capricorn, for one
13. Baroque painter, Guido __
14. Business person, briefly
15. Mr. Aoki (World Golf Hall of Famer)
16. Prefix to 'gon' (Eight-sided shape)
17. Mr. Baldwin
18. The __ MacNeils (Celtic band from Cape Breton)
20. Super clean and sanitary
22. 'Computer' suffix (Tech jargon)
24. "__, humbug!"
25. Tirade
26. Sentence enders.
28. UK military fliers
30. Best Actress nominee Jessica for "Zero Dark Thirty"
33. February's birthstone
35. Oscar-winning actress Marlee
39. But, in Spanish
40. Villain's chuckle, when repeated
42. Reign
43. Peace talks agreement
46. Folk music instrument
49. Oscar-winning Canadian actress Marie of "Min and Bill" (1930)
51. Dubai's locale [acronym]
52. Type of blouse or skirt
55. Audacity
57. Engine starter [abbr.]
58. Tel Aviv, __.
59. Oscar-winning film, "The English __" (1996)
62. Jaleel White's "Family Matters" role
64. Make film cuts
66. Type of duck
67. Gen. Robert _. __
68. Feminizing suffix
69. Actress Ms. Collette
70. The Yukon, e.g.
71. Free ticket
72. Nylons nick

Down
1. Warner __. (Film studio)
2. Prefix with 'angle'
3. Meddle
4. Heiress' headdress
5. Rich
6. Wheel shaft
7. Small
8. Take
9. Remote region of Russia
10. Old Testament book, for short
11. Screen legend Greta
12. U.S.-Canadian airspace protection org.
19. Sighed sounds
21. Move along slowly
23. Crease
27. Li'l lead-in
28. Transfixed
29. USA part, for short
31. Fireplace residue
32. Flower parts
34. Some amphibians
36. Yoga wear company founded in 1998 in Vancouver
37. Figure skater Mr. Kulik
38. Ms. Leakes of reality TV
41. "Shallow __" (2001)
44. Nova Scotia-based comedy of 2001 to 2008, "__ Park Boys"
45. Hankerings
47. Invalidates
48. "Shoot!"
50. Meryl of multi-Oscars
52. More, in music
53. White-plumed heron
54. Foot-to-leg connector
56. Enumerates
59. Brooches
60. "99 Luftballons": 1980s hit for who?
61. Baby branch
63. 'Ballad' suffix
65. CSI evidence

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		9		3	2	5	
					7			8
5						9		3
	2		3			1	4	
				4				
	1	8			9		3	
9		1						6
8			5					
	4	3	8		2		7	

Yesterday's Sudoku

1	6	9	2	5	4	3	7	8
8	5	7	3	9	8	4	1	2
3	4	2	1	8	7	6	9	5
7	9	6	8	3	2	5	4	1
2	1	8	7	4	5	9	3	6
5	3	4	9	6	1	2	8	7
9	7	3	6	2	8	1	5	4
6	8	5	4	1	3	7	2	9
4	2	1	5	7	9	8	6	3

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